

**MANOR ADULT DAY CLUB**

**DAILY SCHEDULE**

10:15 Morning coffee and muffins

11:00 News & Views

11:30 Theme discussion

12:00 Theme Game/Mental Fitness

12:30 Exercise/Recreation

1:00 Lunch

2:00 Afternoon activities (ex. mental fitness game, recreation game, sing-a-long, entertainment, etc.)

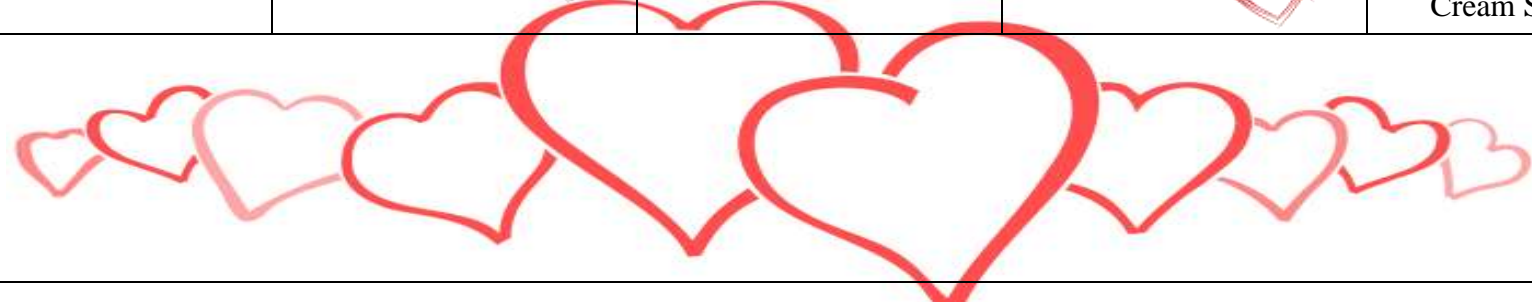
**\*\*Special Events\*\***

2:30 Refreshments

2:45 Prepare to head home/get on the bus

*Programs subject to change*

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEALS
<b>CHINESE NEW YEAR 5</b> <b>**Documentary**</b> Discussion & Trivia Chinese Documentary Special Lunch Chair Stretches	<b>CHINESE NEW YEAR 6</b> <b>**WECC Sing-Along**</b> Discussion & Trivia Chinese Documentary Special Lunch Chair Stretches	<b>CHINESE NEW YEAR 7</b> <b>**Music by Cal HH**</b> Discussion & Trivia Chinese Documentary Special Lunch Chair Stretches	<b>CHINESE NEW YEAR 8</b> <b>**Bingo in PCC**</b> Discussion & Trivia Chinese Documentary Special Lunch Chair Stretches	<b>MUFFIN:</b> Oatmeal <b>SOUP:</b> Consommé <b>ENTRÉE:</b> Honey Garlic Chicken Balls with Mixed Veggies & Fried Rice <b>DESSERT:</b> Red Jello
<b>VALENTINES DAY 12</b> <b>**Music by Cal**</b> Reminiscing & Discussion Birdie Toss Sweet Treat Seated Yoga	<b>VALENTINES DAY 13</b> <b>**Bingo in Harvey Hall**</b> Reminiscing & Discussion Birdie Toss Sweet Treat Seated Yoga	<b>VALENTINES DAY 14</b> <b>**Valentines Dance**</b> Reminiscing & Discussion Birdie Toss Sweet Treat Seated Yoga	<b>VALENTINES DAY 15</b> <b>**Bingo in PCC**</b> Reminiscing & Discussion Birdie Toss Sweet Treat Seated Yoga	<b>MUFFIN:</b> VeryBerry <b>SOUP:</b> Beef Noodle <b>ENTRÉE:</b> Hot Dogs, French Fries, & Coleslaw <b>DESSERT:</b> Pears
<b>KINDNESS DAY 19</b> <b>**Matchstalk Men**</b> National Kindness Day Discussion Random Acts of Kindness Videos Birdie Toss	<b>KINDNESS DAY 20</b> <b>**WECC Sing-Along**</b> National Kindness Day Discussion Random Acts of Kindness Videos Birdie Toss	<b>KINDNESS DAY 21</b> <b>**Documentary**</b> National Kindness Day Discussion Random Acts of Kindness Videos Birdie Toss	<b>KINDNESS DAY 22</b> <b>**Music by Cal**</b> National Kindness Day Discussion Random Acts of Kindness Videos Birdie Toss	<b>MUFFIN:</b> Banana <b>SOUP:</b> Chicken Rice <b>ENTRÉE:</b> Captain Burger with Tartar Sauce, French Fries & Salad <b>DESSERT:</b> Fruit Cocktail
<b>HUMOUR DAY 26</b> <b>**Birthday Party**</b> Sharing Jokes Charlie Chaplin & Mr. Bean Pictionary Shuffleboard	<b>HUMOUR DAY 27</b> <b>**Music by Jesse**</b> Sharing Jokes Charlie Chaplin & Mr. Bean Pictionary Shuffleboard	<b>HUMOUR DAY 28</b> <b>**Music by Jesse**</b> Sharing Jokes Charlie Chaplin & Mr. Bean Pictionary Shuffleboard	<b>HUMOUR DAY 1</b> <b>**Bingo in PCC**</b> Sharing Jokes Charlie Chaplin & Mr. Bean Pictionary Shuffleboard	<b>MUFFIN:</b> Cranberry Orange <b>SOUP:</b> Cream of Veg <b>ENTRÉE:</b> Beef & Vegetable Chili with Rice <b>DESSERT:</b> Ice Cream Sundae



Every Day's a Holiday!

FEBRUARY 2019

